

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div></div><div>Presentation</div></div> <div><div></div><div>Support Group</div></div> <div><div></div><div>Hands-On Kid Activity</div></div> <div><div></div><div>Cooking Demo</div></div> <div><div></div><div>Virtual Store Tour</div></div>	<div>Learn something new with our FREE Virtual Nutrition Events! Led by registered dietitians, we offer fun & educational events for the whole family.</div> <div>For full event descriptions & to register, visit www.bigy.com/LivingWell/GetSocial or Scan this QR Code.</div> <div></div>			<div><div></div><div>Budget Shopping with Canned Foods</div><div>11:00 AM – 12:00 PM</div></div>	<div><div></div><div>Kids Get Cooking: Peanut Butter and “Jelly” Smoothie Bowls</div><div>10:00 – 10:45 AM</div></div> <div><div></div><div>Understanding the DASH Diet</div><div>10:00 – 11:00 AM</div></div>	
<div>3</div>	<div><div></div><div>Utilizing Leftovers</div><div>2:00 – 3:00 PM</div></div> <div>4</div>	<div><div></div><div>Chocolate 101</div><div>2:00 – 2:30 PM</div></div> <div>5</div>	<div><div></div><div>Living with Diabetes</div><div>1:00 – 2:00 PM</div></div> <div><div></div><div>Kids Get Cooking: Buttermilk Biscuits</div><div>6:00 – 7:00 PM</div></div> <div>6</div>	<div><div></div><div>Eating Behavior Management Series</div><div>4:00 – 5:00 PM</div></div> <div><div></div><div>Let’s Get Cooking 101: Soup’s On!</div><div>6:00 – 7:00 PM</div></div> <div>7</div>	<div>8</div>	<div><div></div><div>Thrive with Nutritious Foods</div><div>10:00 – 10:45 AM</div></div> <div>9</div>
<div>10</div>	<div><div></div><div>Navigating the Oils Aisle</div><div>12:00 – 12:45 PM</div></div> <div><div></div><div>Managing Tummy Troubles</div><div>3:30 – 4:30 PM</div></div> <div>11</div>	<div><div></div><div>Kids Get Cooking: Apple & Cheddar Grilled Cheese</div><div>11:00 – 11:45 AM</div></div> <div><div></div><div>Living with Diabetes</div><div>6:00 – 7:00 PM</div></div> <div>12</div>	<div><div></div><div>Healthy Eating on a Budget</div><div>11:00 AM – 12:00 PM</div></div> <div><div></div><div>Budget Shopping with Canned Foods</div><div>6:00 – 7:00 PM</div></div> <div><div></div><div>Managing Tummy Troubles</div><div>6:30 – 7:30 PM</div></div> <div>13</div>	<div>14</div>	<div>15</div>	<div>16</div>
<div>17</div>	<div><div></div><div>Understanding Organic, Natural & GMO</div><div>3:30 – 4:30 PM</div></div> <div><div></div><div>Mindful Eating</div><div>7:30 – 8:30 PM</div></div> <div>18</div>	<div><div></div><div>Budget Shopping with Canned Foods</div><div>1:00 – 2:00 PM</div></div> <div>19</div>	<div><div></div><div>Navigating the Oils Aisle</div><div>10:00 – 10:45 AM</div></div> <div><div></div><div>Understanding Organic, Natural & GMO</div><div>6:30 – 7:30 PM</div></div> <div>20</div>	<div><div></div><div>Kids Get Cooking: Buttermilk Biscuits</div><div>11:00 AM – 12:00 PM</div></div> <div><div></div><div>Eating Behavior Management Series</div><div>4:00 – 5:00 PM</div></div> <div>21</div>	<div>22</div>	<div><div></div><div>Exploring the Mediterranean Diet</div><div>11:00 AM – 12:00 PM</div></div> <div>23</div>
<div>24</div>	<div><div></div><div>Keeping an Organized Kitchen</div><div>2:00 – 3:00 PM</div></div> <div>25</div>	<div><div></div><div>A Review of Popular Eating Trends</div><div>10:00 – 11:00 AM</div></div> <div>26</div>	<div><div></div><div>Herbs, the Spice of Life</div><div>1:00 – 2:00 PM</div></div> <div><div></div><div>Healthy Eating on a Budget</div><div>6:00 – 7:00 PM</div></div> <div>27</div>	<div><div></div><div>A Review of Popular Eating Trends</div><div>4:00 – 5:00 PM</div></div> <div><div></div><div>Let’s Get Cooking 101: Oh Boy! Soy!</div><div>6:00 – 7:00 PM</div></div> <div>28</div>	<div><div></div><div>Kitchen Staples for Easy Meals</div><div>3:00 – 4:00 PM</div></div> <div>29</div>	<div>30</div>